Be committed. Be well.

WHAT TO DO IF SICK

WASH
hands with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.

STAY HOME
and avoid people and animals.

CLEAN
high-touch surfaces daily.

COVER
coughs and sneezes.

DON’T
share items like dishes or bedding.

WEAR
a face covering/mask.

#weareinthistogether
vt.edu/ready